



**DEPARTMENT OF THE ARMY**  
SHAPE BATTALION  
UNITED STATES ARMY, NATO  
APO AE 09705

REPLY TO  
ATTENTION OF

ACSB-CO

24 October 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Inaugural Iron Shapian Competition -- Memorandum of Instruction (MOI)

1. Purpose. The purpose of this memorandum of instruction (MOI) is to provide general information on the execution of the first Iron Shapian Competition to be conducted at 0830 on 24 November 2005.

2. General. The Iron Shapian Competition is an individual physical fitness challenge open to U.S. and NATO Alliance Soldiers, Sailors, Airmen, Marines, and civilian employees. The competition will take place at the Main Gym (push-ups, sit-ups and run) and Building 305 (pull-ups and dips) on SHAPE. The competition will consist of the following events, in order: push-ups, sit-ups, four-mile run, pull-ups, and dips.

a. To be an Iron Shapian, a competitor must score at least 100 points on each event and accumulate an additional 50 points through earning bonus points in some combination of the five events (for a total of 550 points). The ultimate Iron Shapian is the competitor who achieves the highest overall point score.

b. Standards and Scoring: Events will be conducted and scored as provided below, with 10 minutes between each event.

(1) Push-ups. Each male competitor must do a minimum of 75 push-ups in 2 minutes to receive 100 points. Females must do 60. One point is awarded for each additional repetition over 75 for males and over 60 for females. The event will begin with the competitor in the front leaning rest position fully up. The competitor will lower his/her entire body until the upper arm is parallel to, or the chest touches, the ground. The competitor will then raise his/her body until the arms are fully extended and the competitor is in the full up position. This sequence will count as 1 repetition.

(2) Sit-ups. Both male and female competitors must do a minimum of 85 sit-ups in 2 minutes to receive 100 points. Females must also do 85. One point is awarded for each additional sit-up over 85 repetitions. It will begin with the competitor lying on his/her back with the knees bent at a maximum of a 90-degree angle and fingers interlaced on top of, or behind, the

head. The competitor will raise his/her upper body forward to, or beyond, the vertical position (the point at which the base of the neck is forward of the base of the spine). The competitor will then lower his/her upper body until the bottom of the shoulder blades touch the ground. This sequence will count as 1 repetition.

(3) 4-Mile Run. Each male competitor must complete the run in 28 minutes or less to receive 100 points. Females must run in 31 minutes or less. One additional point will be awarded for every full 10-second block of time less than 28 minutes (i.e., for males, 27:50 = 101 points or 27:41 = 101 points, while for females 30:50 = 101 points and 30:41 = 101 points).

(4) Pull-ups. Each male competitor must do a minimum of 10 pull-ups to receive 100 points. Females must do 5. Two points will be awarded for each additional repetition. The event will begin with the competitor at a full dead hang, with palms facing away from his/her body. A repetition consists of pulling his/her chin over the bar without excessive kicking, swinging, or “winding up”, and then returning to a full dead hang.

(5) Dips. Each male competitor must complete a minimum of 25 dips to receive 100 points. Females must do 10. Two points will be awarded for each additional repetition. The event will begin with the competitor holding his/her body upright between the parallel bars with his/her elbows fully locked in the up position. A repetition consists of lowering his/her entire body until the upper arm (tricep) is parallel to the ground without “scrunching” the body (i.e., compressing the knees on the way down) and returning to a full upright position with the elbows locked again.

(6) All competitors are expected to complete the competition once they have started it, even if they fall short of a minimum in any given event.

### 3. Responsibilities.

#### a. S1.

(1) Provide Iron Shapien Certificates for the Battalion Commander’s signature and ensure they are printed in time for each competition.

(2) Coordinate with AFN, SHAPE Community Life Magazine, and Meteor Hainaut to ensure adequate pre-event publicity and event coverage.

#### b. S3.

(1) Overall staff proponent for the Iron Shapien Competition.

(2) Enroll all eligible competitors in the competition.

(3) Measure a four-mile run route with a marking wheel and mark it with quarter-mile marks.

(4) Task subordinate units for an adequate number of graders (consistent with the number of registrants). Ensure graders are certified using the event standards described herein.

(5) Task companies, as appropriate, to ensure provision of an adequate number of event graders (based on number of registered competitors), 2 combat life savers, personnel to man the hydration point, and other requirements not specifically addressed herein.

(6) Publish MOI and changes.

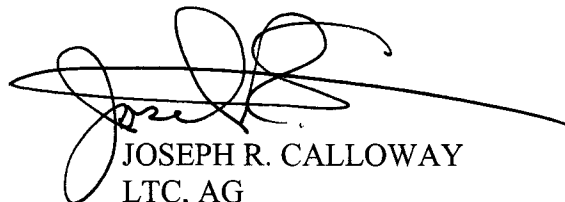
c. S4.

(1) Ensure emplacement of a hydration point (water and Gatorade) at the 2-mile mark for the 4-mile run event.

(2) Coordinate for provision of post-event refreshments for competitors (Gatorade, bananas, and bagels) to be paid from registration fees.

4. Coordinating Instructions: All Iron Shapien competitors will receive a commemorative tee-shirt. Additionally, those meeting the Iron Shapien criteria will be presented with a certificate of achievement and USANATO SHAPE Battalion Commander's coin.

5. Point of contact for this MOI is CPT Ortiz, USANATO SHAPE Battalion S3, at SHAPE ext. 5939.



JOSEPH R. CALLOWAY  
LTC, AG  
Commanding

3 Encls

1. Male Scoring Sheet
2. Female Scoring Sheet
3. Registration Form

DISTRIBUTION:

Cdr, HHC  
Cdr, A Co  
CSM  
XO  
S-1  
S-3  
S-4

## MALE SCORING CARD

[illegible]

## FEMALE SCORING CARD

[illegible]

**2005 IRON SHAPIAN COMPETITION  
24 NOVEMBER 2005, 0830, SHAPE MAIN GYM**

**REGISTRATION FORM**

LAST NAME (nom) _____		FIRST NAME (prénom) _____
STREET (rue) _____		CITY (commune) _____
ZIP CODE (code postal) _____	OFFICE PHONE (téléphone de bureau) _____	NATIONALITY (nationalité) _____
SHAPE UNIT/ORGANIZATION (l'organisation du SHAPE) _____		
BRANCH OF SERVICE (affiliation militaire) _____		EMAIL _____
SHAPE ID CARD No. _____	<input type="checkbox"/> MALE (mâle)	<input type="checkbox"/> FEMALE (femelle)

**EVERY PARTICIPANT MUST SIGN THIS WAIVER!**

**Participant Agreement, Waiver, Release, & Acknowledgment.**

I know that participating in demanding physical competition is a potentially hazardous activity. I should not participate in the Iron Shapian Competition unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, road conditions, all such risks being known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the sponsors and any affiliated organizations from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to the U.S. Army NATO SHAPE Battalion to use photographs or any other record of this event for legitimate purpose.

\_\_\_\_\_  
**Signature**

(Parent or guardian if under the age of 18)

\_\_\_\_\_  
**Date**

**RETURN REGISTRATION FORM AND 10 EURO / 10 DOLLAR FEE TO USANATO SHAPE BATTALION, BLDG 212, SHAPE**

----- CUT HERE / RETAIN BOTTOM PORTION -----

**COMPETITION RULES**

**GENERAL:**

The Iron Shapian Competition is an individual physical fitness challenge open to all SHAPE ID Card holders. The competition will take place on SHAPE at the Main Gym (push ups, sit ups, and run start point) and Building 305 (pull ups and dips). Reminder, starting time is 0830 on 24 November 2005.

**STANDARDS:**

To be an Iron Shapian, a competitor must score at least 100 points in each of the five events and **accumulate a total of 550 points through earning bonus points in a combination of the five events.** The ultimate Iron Shapian is the competitor who achieves the highest overall point score.

**SCORING:**

**PUSH UPS:** Each male competitor must complete a minimum of 75 push ups in 2 minutes to receive 100 points. Female competitors must complete 60. One point is awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor in the front leaning rest position fully up. The competitor will lower his/her body until his/her upper arms are parallel to, or chest touches, the ground. The competitor will then raise his/her body until the arms are fully extended (the full up position). This sequence counts as 1 repetition.

**SIT UPS:** Both male and female competitors must complete a minimum of 85 sit ups in 2 minutes to receive 100 points. One point is awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor lying on his/her back with the knees bent at a 45 degree angle and the fingers interlaced on top of, or behind, the head. The competitor will raise his/her upper body forward to the vertical position (the point where the base of the neck is forward of the base of the spine). The competitor will then lower his/her upper body until the bottom of the shoulder blade touches the ground. This sequence counts as 1 repetition.

**4 MILE/6.5 KM RUN:** Each male competitor must complete the run in 28 minutes or less to receive 100 points. Female competitors must run in 31 minutes or less. One additional point will be awarded for every full 10-second block of time less than 28/31 minutes based on gender (i.e. for males, 27:50 = 101 points, 27:40 = 102 points, etc. ; for females, 30:50 = 101 points, 30:40 = 102 points, etc.)

**PULL UPS:** Each male competitor must complete a minimum of 10 pull ups to receive 100 points. Female competitors must complete 5. Two points are awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor in a full dead hang, with palms facing away from the body. A repetition is completed by pulling the chin over the bar without excessive kicking, swinging, or "winding up" and returning to a full dead hang.

**DIPS:** Each male competitor must complete a minimum of 25 dips to receive 100 points. Female competitors must complete 10. Two points are awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor holding his/her body upright between the parallel bars with the elbows full locked in the up position. A repetition is completed by lowering his/her entire body until the upper arms (triceps) are parallel to the ground and returning to a full upright position.